



# NAMI Contra Costa

National Alliance On Mental Illness

*Contra Costa's Voice on Mental Illness July, 2010* \*  
70710

The NAMI Contra Costa Newsletter is available on the website: [www.namicontracosta.org](http://www.namicontracosta.org)  
E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)

## CONSUMER-FAMILY PICNIC

# 2010 SUMMER PICNIC BREAKS RECORDS

### CCRMC (County Hospital)

## PSYCH EMERGENCY NOW HAS DIRECT E MAIL LINE

The CSU (Psych Emergency) now has it's own direct e mail address making it possible to send e mails to the unit instead of faxing the information. Most residences don't have a fax machine.

It has long been a dilemma to the Psych Emergency staff to receive patients and have only limited information to begin their evaluation with.

Advocacy groups like NAMI Contra Costa have instructed their members to develop and have in their files a "One Page Summary" that would give a receiving staff member considerable information on an incoming patient.

The problem has been, how to get the information into the right hands.

(Continued on page 4)

The 21st Annual Consumer-Family Summer Picnic broke all the records. Through the 1990's, the number of people attending went from under 100 to 190.

In 2007, the number had reached 190. In 2009, the number went over 200 to reach 230. Each year the preparations were substantially increased to accommodate the anticipated newcomers.

June 18, 2010 went way over the top by serving 310 consumers and family members. Due to the generous work of the many volunteers, it all went smoothly.

### NAMI Walk 2010

## IT'S NOT OVER YET

THE May 22, NAMI Walk 2010 has topped the \$341,000 mark and the books don't close until July 31. Help NAMI to reach the \$350,000 goal by adding the last \$9000. We are nearly there. It is not just possible but likely that we will reach highest goal in the 6 year history of the walk.

## JULY

General Meeting  
Thursday  
July 15, 2010  
7:00 PM

Doors open at 6:30 for NAMI information tables and library materials checkout

Topic:

Bipolar and Sleep Disorders



Allison Harvey, Ph.D.

Speaker for the July  
General Meeting

### Location

John Muir Medical Center  
(Formerly Mt. Diablo Medical Center)  
Concord Campus  
2540 East Street, Concord

## Spanish

Family to Family Classes  
Learn about mental illness in  
Spanish.  
See page 2

## NAMI-CC Care and Support Groups

### Central Contra Costa County

**1st Tuesday of each month**, Now in its 10th year. 7:30-9:00 pm, Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Peggy Luna, Dave Kahler 925- 676-5771 or E mail: xnamicc@aol.com

**3rd Monday of each month**, 7:15-9:15 pm, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. The group is facilitated by Gloria Hill. Call: Gloria Hill 925- 957-5146.

### **NEW! Family to Family Classes in Spanish NEW!**

Beginning September 13, 2010 Mondays 7:00 pm to 9:00 pm  
Location: Clubhouse, Concord Contact: Thomas Cloney 510- 705 2608  
E mail: famtofamcc@gmail.com

#### **DUAL RECOVERY ANONYMOUS**

Every Tuesday 5:45 pm to 6:45 pm  
John Muir Center for Recovery Classroom B  
2730 Grant Street, Concord  
Contact: Zula 925- 212 2241

#### **BIPOLAR CHILL (CLIENT RUN)**

Manic Depression Support Group  
Wednesday 7:00—8:30 pm  
710 Broadway #3D Walnut Creek  
Contact Lisa or Scott 925-743 1160

#### **Support Group In Lafayette**

For family members of adults with mental illness.

Jewish setting and prayer but all faiths welcomed.  
4th Monday of each month: 7:00-8:30 pm  
Temple Isaiah, 3800 Mt. Diablo Boulevard, Lafayette.  
Contact: 925- 945 7272 or karen@mmcohen.com

#### **Dual Diagnosis Support Group**

Wednesdays: 3:30 pm  
1420 Willow Pass Road. Concord  
2nd Floor Facilitator: Bob McKinnon  
**Bipolar Support Group**  
Tuesdays 1:30 pm 1420 Willow Pass Road, Concord

#### **NEW HOPE BIPOLAR SUPPORT GROUP**

For parents of children and adolescents with a mood disorder.  
2nd Monday of each month  
7:00 pm to 9:00 pm  
Lafayette-Orinda Presbyterian Church Room #4  
Contact: Annette 510-733 0577 or Joani 925-962 9952  
www.newhopesupportgroup.com

#### **Richmond Support Group**

2nd Wednesday of each month, 6:00-8:00 pm  
Conference Room A1, Building A  
Richmond Medical Center  
901 Nevin Avenue, Richmond  
Contact: Dr. Sumchai 510- 237 9277  
Family2familyrichmond.nami@gmail.com

#### **H.E.L.P.**

Hope, Encouragement, Love and Prayer  
Support group for those coping with a mental illness and/or their families and friends.

Time: 2nd Monday of each month 7:00—9:00 pm  
Where: Christ the King Church, Ministry Chapel  
The meeting will be in the Ministry Chapel  
Except on Feb. 10 and March 10  
On those dates it will meet at the Christ the King School  
199 Brandon Road, Pleasant Hill  
Contact Joe or Pam Appel 925-947 0269

#### **FAMILY ADVOCATE HOURS**

Gloria Hill, Contra Costa County  
Mental Health Advocate  
Monday - Friday 9:30 am - 6:00 pm  
925-957 5146  
Thursdays: 2:00 to 6:00 pm  
925-646 5844  
Emergency County Cell Phone:  
925-963 6229

**NAMI-Contra Costa**  
National Alliance on Mental Illness

**OFFICERS:**

**Al Farmer, President**  
925- 254 8508  
Fax: 925- 254 5043  
farmerfamily@yahoo.com

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925- 376 5137

**Lori Teller, 2nd Vice President**  
925-683 8487  
loriateller@gmail.com

**David Kahler Treasurer**  
925- 676 5771  
Fax: 925-476 1444  
dk122932@aol.com

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E mail: xnamicc@aol.com  
Website: namicontracosta.org  
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**NAMI OFFICE  
TO OPEN THIS  
SUMMER**

By Kay Derrico

Crestwood Healing Center (550 Patterson Boulevard), Pleasant Hill, has generously provided NAMI-CC space for an office, as well as providing the space with a new coat of paint and bringing the electrical system up to par.

Susan Laufer, NAMI-CC Board Member, took on the challenge of readying the office and worked closely with Cindy Mataraso, Crestwood Administrator.

The office should be open by the end of July. To access it, drive to the back parking lot of the Crestwood Healing Center and enter through the back doors.

A dozen people have already volunteered to help man the office, and, of course, more office volunteers are needed to fill regular time slots as well as substitutes. Experience is not necessary and an orientation will be provided. Additionally, the office needs 4 chairs for its round office table.

Contact: Kay Derrico at:  
[kayderrico@comcast.net](mailto:kayderrico@comcast.net) or  
925-933-4012.

**NAMI-CC Consumer  
Bowling Night and Pizza**

To sign up for this free, recreational activity at Monument Bowl, Pleasant Hill, Wednesday, August 25, contact Chairman Steve Gallion, (925) 691-5673 or [sgallion@dnix.net](mailto:sgallion@dnix.net). A refundable, \$3 deposit, to be returned at the event, is required to hold a spot. There are only 20 spots available and about 1/3 are already filled.

**General  
Meeting**

Thursday, August 19, 2010  
**Writing Your Way Out of Darkness**, Peggy Kennedy, author of the memoir, *Approaching Neverland* and NAMI activist.

Thursday, September 16, 2010  
**Triple Bind: Adolescent Girls**  
Stephen Hinshaw, Ph. D., Chairman, Department of Psychology, UC Berkeley will talk about the unsettling issues of the "Triple Bind" and how it is putting adolescent girls at risk for depression, eating disorders, aggression and suicide.

Thursday, October 21, 2010  
**Research, Treatment and Your Questions about bipolar Illness**  
Dr. Po W. Wang is a researcher and psychiatrist at Stanford's Bipolar clinic. He will describe the work of the clinic and bring his vast knowledge and experience to address our questions and interests on bipolar illness.

Thursday, November 18, 2010  
**What you need to know about Social Security and Mental Illness.**  
Kelly Dunn and Associates from the Hawkins Center of Rubicon Programs will provide an overview on Social Security as it relates to individuals with serious mental illness.

Note: There is no cost to members or the public. For information on programs: 925- 683 8487.

**Family to Family**

The regular classes will begin  
September 13 in Lafayette  
E mail: famtofam@gmail.com

# PSYCH EMERGENCY NOW HAS DIRECT E MAIL LINE

(Continued from page 1 column 1)

Working through the Healthcare-Partnership group, Psych emergency will have it's own e mail address. Each of the employees has an address, but it would be necessary to know the name and when that employee would be working to use them as a contact.

Now the information can be E mailed as an attachment on a 24/7 basis. It would be printed out and put in the *Incoming Patients* tray.

This is a seemingly small change, but with huge implications for the families and the psychiatric staff.

# HELP FIGHT NIMBY

There is no greater problem for a group trying to create a treatment facility for the mentally ill than the NIMBY factor. Not In My Back Yard is the mantra of those who know little of mental illness, but don't want a facility near them.

There will be a Planning Commission hearing about the Bonita House proposed "working farm" in Knightsen on Tuesday, July 13, 2010, at 651 Pine Street in Martinez. It will begin at 7:00 pm. For more information call Rick Crispino at 510- 923 0894 or E mail: xnamicc@aol.com

# JOB OPENINGS

By Gloria Hill

Three Mental Health Community Support Worker positions are open in the Mental Health Division. The positions will be assigned to Adult Services as Family Providers.

Tasks associated with the positions will be:

- Welcoming families of consumers into the system acting as the family voice.
- To provide consultation and assistance to staff.
- Address the questions and concerns of the families.
- To lead multi-family group meetings.
- To help maintain consumers living in their own homes.
- Transporting and accompanying consumers to appointments and shopping.
- Acting as a guide for housing and community resources.
- Assisting family members who are acting on behalf of their relative to acquire and maintain public benefits such as SSI, TANF and General Assistance.
- Attending and participating in staff meetings as a team leader.

The applicant must have basic computer skills and be able to take on line tests for HIPAA (Confidentiality Laws). Hours will probably be 8:30 am to 5:30 pm. The applicant also must be a graduate of the Family to Family class or currently enrolled .

Contact:  
Gloria Hill

Adult Family Coordinator  
Contra Costa Mental Health Administration  
925-957 5146 Cell: 925- 963 6229  
E mail ; GHill@hdsd.county.us

# GENERAL MEETING SPEAKER

By Lori Teller

July's general meeting will feature a talk given by Allison Harvey, Ph.D., an expert in bipolar disorder, depression, anxiety and sleeping difficulties.

Dr. Harvey is working toward identifying the key causes of these problems and developing treatments to improve sleep, health and well-being across the age range and across different disorders.

She and her colleagues at UC Berkeley Mental Health are dedicated to improving treatments for insomnia and other sleep disturbances, as well as bipolar disorder and depression in teenagers and adults. They specialize in helping people obtain better quality sleep and in improving overall health and well being.

Dr. Harvey has received several honors and awards, including the American Association for Behavior Therapy's Best New Researcher award, the Australian Psychological Society's Early Career Award, a scholarship at the Beck Institute for Cognitive Therapy and Research, and a Young Investigator award from NARSAD.

Learn about her research and perhaps bring home some help for a good night's sleep.

Questions:

E mail: xnamicc@aol.com

INDEPENDENCE THROUGH PERSONAL RESPONSIBILITY

# BEHAVIORAL HEALTH COURT

*“I ain’t stankin’! I ain’t gankin’! ...and I ain’t talkin’ to no trees.”*

Quote from a BHC client who was expressing happiness about not being on the streets, about being clean & sober and about not being psychotic.

The BHC provides an alternative to jail and prison for dually diagnosed residents of Contra Costa County who have committed non-violent felonies and misdemeanors.

While participating in the BHC program, consumers have an opportunity to:

- Stabilize their mental illness and learn how to manage it.
- Stabilize their addiction and learn how to manage it.
- Learn new coping skills to handle life’s daily stresses.
- Identify personal dreams and goals and ways to attain them.
- Learn how to keep the criminal justice system out of their lives.
- Have fun and experience joy.
- Learn to give back to the community.
- Take responsibility for behavior and embrace life.

Most participants in the BHC have been in jail frequently, have been homeless and have strained or non-existent relationships with family. Many have been in programs before and have failed. Most join not because they want to get clean and sober but because *they don’t want to be incarcerated.*

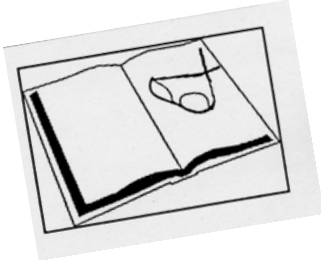
The BHC is a very structured program, which requires its participants to account for every hour of their day with constructive, clean and sober activities. The program is based on the Assertive Community Treatment (ACT), an evidence based model. We surround the clients with treatment, services, support, opportunities and relationships in order to bring about sobriety and healing. The treatment team includes five case managers, a CIT trained deputy, a probation officer, a psychologist, a clinical coordinator, a public defender and a district attorney.

This team provides intensive case management designed to get people healthy, help them stay healthy and to keep them out of jail and prison. The BHC team helps with employment, housing and family relationships. An Alumni Program has been established to continue support after graduation and to provide a stable community.

The consumers attend court weekly or bi-weekly on Friday mornings at 9:00 a.m. where they report to the judge about their progress and challenges. Judge Joni Hiramoto, Dept. 32, Superior Court works closely with each individual, treats them with great respect and expects positive progress each week while giving people the benefit of the doubt.

Consumers have the opportunity to graduate early if they complete an incident free program. They may also have their convictions “expunged” if they have demonstrated a strong commitment to their program.

Please visit the court on Fridays at 9:00 a.m. Dept. 32, 1000 Ward St., Martinez, CA. To contact the BHC: call Marti Wilson, BHC Team Leader (925) 207-6321



## BOOK REVIEW

By Dan Shortenhaus

*The Essential Guide to Psychiatric Drugs, 4th Edition*  
By Jack Gorman, M.D.  
St. Martin's Press, 2007

Dr. Gorman has produced an easy to understand guide to psychiatric drugs that includes fairly recent developments in this field.

He has been involved in psychiatric research, teaching, and clinical care, and he has been a professor at Columbia, Harvard, and the Mount Sinai School of Medicine.

The book is divided into three major parts. In the first part, he introduces essential general information about psychiatric drugs, including topics such as how to be an informed consumer, how to know if psychiatric drugs are needed and how to get them, what side effects to expect, and how long the drugs should be taken.

In part two, he deals with the specific drugs needed to treat depression, anxiety disorders, bipolar disorder, schizophrenia, sleep disorders, and drug abuse.

He starts each chapter in this part with the features of each illness, the possible causes, and the classes of drugs that have been found useful for each. Then for each drug, he provides information on who should not use it, what tests to take before and during use, usual doses, how long before it



## NAMI CALIFORNIA ANNUAL CONFERENCE AUGUST 27 & 28

The annual NAMI California conference alternates between being held in Southern California one year and the next year in Northern California.

typically works, side effects, cost, and what to do if it doesn't work.

He also discusses controversies regarding the use of some of the drugs. The third part of the book deals with special topics such as treating violent patients, family and genetics, weight changes, sex, treating the elderly, AIDS, generic vs. brand drugs, drug companies, and how the drugs work. It is a comprehensive guide that should serve as a valuable reference for consumers and family members.

This year, it will be in Burlingame at the Airport Marriott on Friday and Saturday, August 27 and 28, 2010.

Mariette Hartley will be one of the featured speakers. She is the author of *Breaking The Silence*.

There will be over 20 Workshops along with six concurrent sessions of "Ask the Doctor."

As if to complement NAMI-CC's new Spanish speaking Family to Family class, there will be a Spanish Speaking Day.

All the information and details will be found on the NAMI California website:

[namicalifornia.org](http://namicalifornia.org)

### \$1000 Grant

Veronica Vale won a grant from the East Bay Community Foundation of \$1000 for the In Our Own Voice Program. Veronica has an outstanding record for winning grants. Out of five grants she applied for, two were awarded for a total of \$1500.

## JULY DONATIONS

### In Memory of:

Shannon Loomis  
From: John and Susan Simmonds  
Dave and Judith Lovecchio  
Gina Gotsill

## BEHAVIORAL HEALTH COURT

The BHC (Behavioral Health Court) joined the drive to make the NAMI Walk 2010 the great success that it was.

As a result they presented \$600. to NAMI's President, Al Farmer, at the June 17 meeting.

The Court meets every Friday morning. Details on page 5 of this issue.

### In Honor of:

Gloria Hill  
From: Elaine B. Kaufman  
Through the  
Network For Good  
Program

### Donations:

Sandra Duncan  
Terri Winnie  
Through the PG & E  
Campaign for the Community

### Donations:

Roger Gregory  
Lori Teller  
Mary Lavagnino  
Through: Chevron Humankind Program

### New Century Members

Lyman and Barbara Dyson

### Car Donations:

Lauren Sapaia  
Dovon Morris  
Dyanna Carrillo

### DONATION FORM

Make check payable to NAMI-CC  
Mail to: Treasurer, NAMI-CC  
P.O. Box 21247, Concord, CA. 94521  
NAMI-CC Tax ID # 68-0209474

\_\_\_\_\_  
Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State

Zip \_\_\_\_\_

Phone: \_\_\_\_\_

### Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- Housing
- IOOV (In Our Own Voice)

E mail address: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

### Donations:

Robert Jourdan  
Robert and Elizabeth Tracy  
Donald Waddick  
Kathrine Alton  
O. J. McGary  
Ronald Williamson  
Ralph Barrows

NAMI Contra Costa  
 P.O Box 21247  
 Concord, CA  
 94521

For Support and Information:  
**First Tuesday Support  
 Group**  
 Tuesday, August 3, 2010  
 7:30 pm Hillcrest Church,  
 404 Gregory Lane, Pleasant Hill  
 You can download a map from the website  
 925- 676 5771 dk122932@aol.com

Stamp

**Putnam Clubhouse Picnic**  
**3rd Annual Summer Picnic**  
 \$5 Suggested Donation (No charge to Clubhouse members)  
 Friday, July 16, 2010 3:00 pm to 6:00 pm  
 Concord Community Park, 3601 Cowell Road, Concord  
 Call: Tamara or Ginger 925- 691 4276

**NAMI Contra Costa**

The annual membership dues are \$40. This makes you a member of NAMI National, NAMI California and NAMI Contra Costa. You are automatically a member of all three organizations.

If you are solicited for membership or special donations from the State or National organizations, give generously if you can, but all such donations are voluntary and would be over and above your membership in NAMI Contra Costa.

Dues paid in October, November and December provide membership for the following year.

Send your membership application to:

NAMI Contra Costa  
 P.O. Box 21247  
 Concord, California  
 94521  
 E mail: xnamicc@aol.com  
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 NAMI California

**APPLICATION FOR NAMI-CC MEMBERSHIP**  
 Make check payable to NAMI Contra Costa  
 Complete this information cut-out and return it to:  
 Treasurer, NAMI-CC  
 P.O. Box 21247, Concord, CA., 94521  
 E Mail Address: xnamicc@aol.com

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Membership is:  New  A Renewal

<input type="checkbox"/> Mental Health Client	\$ 20.00
<input type="checkbox"/> Dual Affiliate	20.00
<input type="checkbox"/> General Membership	40.00
<input type="checkbox"/> Professional Membership	50.00
<input type="checkbox"/> Century Club	100.00
<input type="checkbox"/> Lifetime	500.00